

# ACROYOGA

Spacious Heart Yoga  
119 S. Main St. Goshen IN.  
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with lindsey britt & wendy atteberry



**Friday April 23rd. Ecstatic Dance Kula Event**

**Saturday April 24th Trust, Connection & Playfulness**

**Saturday April 24th Love, Light & Flight**

**Sunday April 25th Invert, Involve & Empower**

**Sunday April 25th Bodywork & Dessert Party**

**6-8:30 p.m. \$5-\$10 Donation**

**11-1:30p.m. \$35,\$40after4/16**

**3-6 p.m. \$35,\$40after4/16**

**1-4 p.m. \$35,\$40after4/16**

**4:30-?? \$5-\$10 Donation**

## **Ecstatic Dance Kula Event Family Dance Party**

Kula means a family of practitioners. This is an Event for the whole family. In order for the self to flourish love for the self must be realized. During this brief time together we will learn some techniques that lead toward radical self acceptance. From African Dance to the Electric Slide we will explore space and our bodies in it. We will then end with a wild dance party of free flow movement with in our new and improved body images of love & light.

## **Trust, Connection & Playfulness**

### **AcroYoga Fundamentals**

Open you practice with the ease, comfort and the support of a partner. This workshop touches upon all the disciplines that AcroYoga offers, combining Yoga, Acrobatics, and Thai Massage. Grounded in the breath, we will draw upon the natural forces of gravity and "metta" loving kindness to encourage the body to let go of fear and

tension. Students are requested to have familiarity with yoga. No partner necessary!

## **Love, Light & Flight AcroYoga Therapeutics**

We will be focusing on the Therapeutic aspects of the practice and so all are welcome, although a general understanding of yoga is a plus it is not a necessity. During this workshop you will experience the strong grounding energy of being a base, as well as the fluid receptive energy of being a flyer. It is a practice of giving and receiving, honoring and accepting, inhaling and exhaling that will take both yogis into a new place of union and bliss.

There is no need to bring a partner.

## **Invert, Involve & Empower Inversions Workshop**

If you have an aversion to inversions. This workshop will help address the fears, insecurity and expectations we have about getting up side down. After we solidify spotting techniques, we will progress to headstands, handstand, shoulder stands,

basic partner acrobatics and pyramids, cultivating trust, strength and flexibility while working as a team. A playful, safe, supportive environment will empower the whole room to

be upside down and connect to the divine

## **Bodywork & Dessert Party Double Yummy mmmmmmm.....**

This will be an open event for the whole family not just people who love and practice yoga, but for bodyworkers as well. We will be creating a safe and supportive environment for

all to enjoy. The party will start with a circle ceremony and end with lots of hugs. Come ready to give and receive blissful play and love. Bring a Dessert to Share as well;-)

## **Whole Weekend \$110**

**More info @ [www.acroyoga.org](http://www.acroyoga.org)**

[www.lindseybritt.com](http://www.lindseybritt.com)

[www.bluesunyoga.com](http://www.bluesunyoga.com)